

80

On the move



Standing up to violence



Good enough to eat

henewhamag

issue 379// 17 November – 7 December 2017 // Every fortnight



Look out for the next issue from 08 December 2017.

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News

Man found living in under the stairs cupboard

Council officers discovered a young man sleeping in a coffin-like cupboard, in an overcrowded house in Beckton.

The desperate conditions were uncovered during an early morning raid by the council's private rented sector team, as part of Newham Council's ongoing campaign to rid the borough of rogue landlords.

During the visit to the property, the team found the man living in an under the stairs cupboard measuring one metre by two metres alongside the gas and electricity meters. In total there were a further 12 sleeping spaces in the property, with bunkbeds crammed into single rooms.

Officers also uncovered fire and electrical safety hazards.

Mayor Sir Robin Wales said: "It cannot be right in the 21st century, in one of the world's wealthiest cities, that a young man is being forced to pay hundreds of pounds to rent a cupboard under the stairs, sleeping alongside the gas meter."

Newham Council's scheme, which requires all private rented properties in the borough to have a licence, is due to be renewed in the New Year, but the council is currently waiting for the government to grant permission for the

scheme to continue.

Sir Robin added: "The scenes on this visit are a reminder that whilst we are tackling bad landlords and driving up standards, there is still much to do. That is why it's imperative that the government allows us to continue with this work, and stop the exploitation of tenants.

"The scheme aims to improve the quality of property in the private sector, to make the experience of renting homes in the borough safer and more secure for

our residents."

During the same operation officers found another overcrowded property in Upton Park, where three people were each paying £200 rent to sleep in a shed. The rest of the property had been split into eight rooms, over three floors, shared by four families.

The landlords involved will be issued with financial penalty notices (FPNs), which can be up to £30,000 per offence, depending on the seriousness of the conditions.



The cupboard under the stairs was home for this man



Coffin-sized bedroom discovered

News

Council's chief executive honoured

Newham's chief executive Kim Bromley-Derry CBE, has received an honorary doctorate from the University of East London (UEL).

The award was given to the council's top officer by UEL's Royal Docks School of Business and Law in recognition of his outstanding contribution to the regeneration of Newham.

Mr Bromley-Derry has taken part in many projects over the years including the delivery of the 2012 Olympic and Paralympic Games.

He has also played a major role in ensuring £33 billion of investment into Newham, Stratford City and the forthcoming ABP development.

He said: "This recognition is not just about me, but about Newham and shows what a great place it is. It gives me a great sense of achievement to have led in the delivery of such great projects.

"I'm passionate about creating opportunities for our residents and I look forward to the great things that are yet to come."



Neighbourhoods connect over clean up



Residents and councillors tidied up the roads around Canning Town and Custom House

Residents have come together in their community neighbourhoods to tidy up their area.

The Street Connections project saw residents across seven of the neighbourhood areas working together to improve them.

Newham Council's Greenspaces and Community Neighbourhoods teams invited residents to join in activities in support of the Keep Newham Clean campaign.

Residents were encouraged to undertake simple tasks such as sprucing up garden paths, re-painting and washing out dustbins, to clearing their street of litter and tidying up nearby small open spaces.

Deputy Mayor (statutory) and cabinet member for community neighbourhoods, Councillor Ken Clark, said: "By encouraging our residents to connect over projects like this we hope that they will feel a sense of pride in their community. Hopefully their hard work will influence others to look after their own neighbourhood."

Tidy up helps residents connect

...in brief

Funds raised at coffee morning



The Mayor, councillors and staff at the fundraiser

Council staff baked and donated a series of sweet treats to raise money for Breast Cancer Care.

The annual fundraiser saw staff working at Newham Dockside helping themselves to a large slice of cake and coffee in support of the charity which helps those living with a breast cancer diagnosis.

The event also saw a selection of local businesses selling their wares from jams to jewellery and shrugs to scarves and donating part of their profits to the cause.

Mayor Sir Robin Wales said: "This annual fundraiser is a firm favourite among our staff. It's great to see the impressive baking talent we have in this building – these cakes look delicious.

"The generosity of our colleagues means we have raised more than $\pounds 1200$ for a worthy cause."

Cancer training for leaders

Residents and community leaders are invited to attend a free cancer awareness training session on Thursday 30 November, 10am-1.30pm, at Stratford Library.

The session, organised by University College London Hospital Cancer Collaborative in partnership with West Ham United Foundation, aims to provide residents with key messages about cancer and encourage others to use local health services, visit their GP or make lifestyle changes.

For more information, email mabraham@westhamunited.co.uk and to book your place visit **www.eventbrite.com**

Starting primary school

Parents and carers can now apply for a reception place for September 2018 through the eAdmissions website at

www.eadmissions.org.uk

Those who apply online will automatically enter a prize draw for a chance of winning their child's school uniform (terms and conditions apply). Applications close on 15 January 2018. For more details visit www.newham.gov.uk/schooladmissions

Free Christmas shopping parking

Shoppers will be able to enjoy four days of free parking at car parks close to two of the borough's main high streets in the lead up to Christmas.

Madge Gill, St Johns East and West car parks in East Ham, and Queens Market and Shaftesbury Road Car Park in Upton Park, will be free for those looking to beat the Christmas rush on Friday 8 December, Monday 11 December, Friday 15 December and Monday 18 December.

Stadium parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park on West Ham United match days. Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in RPZs at this time. Next event day is: Friday 24 November (Leicester City)

Cake sale raises hundreds for **Charity**

Mayor's view

Fighting for our residents

I became a politician to stand up for those who are not in the position to stand up for themselves. I want to make the lives of others better which is why I have put my head above the parapet to spearhead schemes that will truly make a difference to residents' lives.

This has included looking out for our youngest and most helpless residents to ensure they have the best opportunities. We were the first local authority to introduce free school meals for all primary school children, ensuring that every schoolchild has access to at least one hot meal a day, and saving parents hundreds of pounds.

But the Every Child programme has gone a lot further than school dinners. Everyone of our schoolchildren get the chance to learn a musical instrument, attend the theatre, take part in sports sessions and learn to play chess.

Our children are our future and we should invest in them. While giving children the best opportunities, I know that without

a stable and suitable home life, these can be wasted. Which is why for the last five years Newham Council has been waging a war on dodgy landlords who are exploiting tenants desperate to find housing in the area.

Our private rented licensing scheme has uncovered properties with Victorian slum levels of overcrowding, dangerous electrical wiring and missing floors and ceilings. We have pursued these unscrupulous landlords, taking more than a thousand prosecutions through the courts.

However I'm acutely aware that this scheme needs to continue in order to protect our residents from landlords who are trying to squeeze as much money as possible out of their slums. The council has applied to government to extend the scheme for another five years, but incredibly, we have been left waiting for approval to continue with the scheme.

I've also been very vocal to government about the need to tackle the scourge of betting shops. Here we have yet another



Ravenscroft Primary School hosted former World Chess champion Vishy Anand



At Stratford Circus with Tania Wilmer on the set of The Hartlepool Monkey





issue where they are dragging their feet. I've listened to residents' concerns around fixed-odds betting terminals (FOBTs) spurning the rise in betting shops in our high streets. You can spend $\mathfrak{L}100$ every 20 seconds on these addictive electronic versions of casino games. I want to see their maximum stake reduced to just $\mathfrak{L}2$, making them unprofitable, which would force bookmakers to shut up shop.

In recent years I've also committed to taking on the payday lenders with Moneyworks our affordable loans company which helps our residents to get out of debt. We believe we are the only council in the country to give loans to our residents.

We are also improving the look and feel of our borough with a £100million investment into renewing our streets and roads, and a new Fly-Tip Task Force dedicated to catching the criminals who blight our streets with litter and rubbish.

All these schemes have been designed to improve the lives and opportunities available to our residents. I believe we have had some great successes but there is more that still needs to be done. As the Mayor I cannot solve every problem in the borough, but along with our partners, including the police and health services, if there is a solution worth exploring, be in no doubt that I, along with my cabinet members and council officers, will do our best to find it.



Works to make it easier for residents to get around the borough have been gathering pace over the last 20 months. Roads have been resurfaced, new street lighting installed and pavements re-laid as part of a record £100million investment to Keep Newham Moving.







The ten-year scheme, which is the largest investment in roads ever by a London council, was approved by Mayor Sir Robin Wales and his cabinet in April 2016.

So far more than 18,000 metres of roads have been resurfaced and a further 16,000 metres have been repaired and in excess of 22,000 metres of pavements overhauled. More than 11,500 street lights have been replaced with energy-efficient LED lightbulbs.

Sir Robin Wales said: "The Keep Newham Moving programme is the biggest investment made by any local authority in London on their roads. Whether you are a driver, cyclist or pedestrian I know how important it is to be able to travel around your own borough with ease and without fear of

getting hurt or injured. That's why we have invested this huge amount of money in improving the quality of our roads, pavements and lighting.

"Newham has always been one of the best boroughs for public transport and by the time this ten year programme has finished it will also have the best streets in London."

Residential Parking Zones have been rolled out across the borough, prioritising parking for residents and preventing nuisance parking from commuters from outside the borough.

The council is now in the process of updating the borough's original RPZs to include free 20 minute short stay bays, additional car club bays and cashless pay and display facilities.

In Newham the first vehicle in the property is entitled to a free annual parking permit and each household is entitled to ten free all-day visitor parking vouchers. Households with no vehicles are entitled to claim up to 30 free visitor permits a year.

Deputy mayor (statutory) and cabinet member for regeneration and planning Ken Clark added: "We have prioritised parking for our residents and their visitors. "Through the introduction of more car clubs we have also made it easier for drivers who don't have cars to have access to a vehicle as and when they need it."

Applications for visitor vouchers and parking permits can be made online through the MyNewham account, visit www.newham. gov.uk/mynewham for more information.











Sound Insulation Scheme

The airport offers eligible properties located within its noise contours the opportunity to have works undertaken as part of its Sound Insulation Scheme

No application for the Sound Insulation Scheme is necessary. If your property is eligible for either the first or second tier scheme you will receive a letter detailing your eligibility and what works are available to you. These letters will be sent in the next few weeks.



To find out more about the Sound Insulation Scheme and what is included within the First Tier and Second Tier Schemes please visit www.londoncityairport.com/environment

For those already treated under the Sound Insulation Scheme the airport provides a 10 year check-up, for further information please visit www.londoncityairport.com/environment

If you require any further information about the Sound Insulation Scheme please contact the scheme's administrator on 02032032397or alternatively email us at sound.insulation@londoncityairport.com





Christmas is traditionally a time associated with good food, family and presents. For some it can also mean spending too much but Newham MoneyWorks can help you save huge amounts of money.

MoneyWorks, funded by Newham Council, can help with everything from budgeting for the big day, present buying suggestions and when to book train tickets in advance.

MoneyWorks is exclusively for Newham residents and provides affordable loans and smart spending tips you can trust. Whether you're faced with unexpected costs or need extra cash to pay for Christmas, we offer a range of fair financial products to suit different circumstances.

Getting a loan through us is easier, quicker and cheaper than you think

and will save you money compared to pay day lenders and stores.

Below is an example of the amount you will pay back with MoneyWorks Home compared to typical pay weekly stores:

Washing machines (£200) • based on repayment over 1 year	MoneyWorks Home	Pay weekly stores
Weekly repayments	£4.43	£11.64
Total interest	£30.36	£405.28
Total to repay	£230.36	£605.28

For further information call **020 8430 2041** or visit **www.newhammoneyworks. co.uk** or visit our store Unit 61-62 Stratford Centre, E15 1XF – Monday to Friday. Pop in and find out about our many products and smart seasonal spending tips each day for the 12 days of Christmas, from 1 December.

London Community
Credit Union

26.8% APR representative. Newham MoneyWorks is a service provided by the London Borough of Newham. Newham MoneyWorks acts as a credit broker and not as a lender. All loans are subject to status and are provided by London Community Credit Union Limited, which is authorised and regulated by the Financial Conduct Authority. Services provided by MoneyWorks are not regulated by the Financial Conduct Authority.



Remembering our heroes, together

lest we forget



Residents from across the borough joined Mayor Sir Robin Wales and members of the Royal British Legion at remembrance services across the borough to honour those who died serving their country in the two world wars and conflicts since.

More than 1,000 people, including schoolchildren and councillors, attended events across Newham to honour those who have made the ultimate sacrifice as well as those currently serving in the armed forces.

Councillor Paul Sathianesan laid a wreath at the Cenotaph in Central Park, East Ham on Friday 10 November (2) as part of the Armistice Day commemorations organised by St Joachim's Roman Catholic Primary School with support from Newham Council. Children laid wreaths after observing a two-minute silence.

Children from several Manor Park schools joined Councillor Ken Clark, Deputy Mayor (statutory), for a local act of remembrance on Wednesday 8 November (1) in Plashet Park in East Ham. Children from Little Ilford, Sir John Heron, Dersingham, William Davies, Essex and Grangewood Independent primary schools took part in the event.

On Remembrance Sunday, 12
November (3), Mayor Sir Robin Wales laid a wreath at the Cenotaph in Central Park, East Ham at a service led by Reverend Fred Ashford-Okai, the Chaplain to the East Ham and District branch of the Royal British Legion. The service began with a parade to the Cenotaph from Newham Town Hall and a two minute silence at 11am signalled by a shot fired from a field gun.

Three other Remembrance Sunday Services were held in Newham on Remembrance Sunday. Reverend Stephen Chandler led the service at All Saints West Ham Parish Church, attended by Councillor Ken Clark; St Luke's Memorial in Canning Town was attended by Councillor Lester Hudson; and a service at St Mark's Memorial Church, in the grounds of Brick Lane Music Hall, North Woolwich was attended by Councillor Paul Sathianesan.

Sir Robin said: "Remembrance Sunday is an important act of collective remembrance. It allows us as a nation to come together to honour the sacrifices of those men and women who have given their lives serving and protecting their country. It also allows us to express our gratitude to those who serve in our armed forces today.

"These events help us to remember, not just those who served in the two World Wars, but also those who have been involved in more recent conflicts including Iraq and Afghanistan. We must never forget what they have done for us."





It's time to renew your House in Multiple Occupation (HMO) licence.

The renewal of Newham Council's HMO licensing scheme has begun.

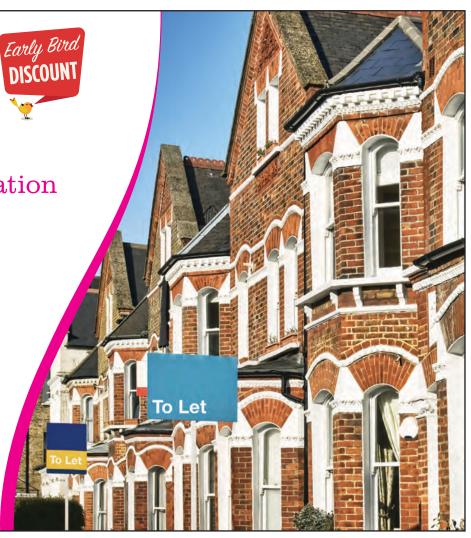
Our licensing scheme makes Newham a better place to live – so if you control or manage an HMO property make sure you join our 3,311 HMO landlords in renewing your licence.

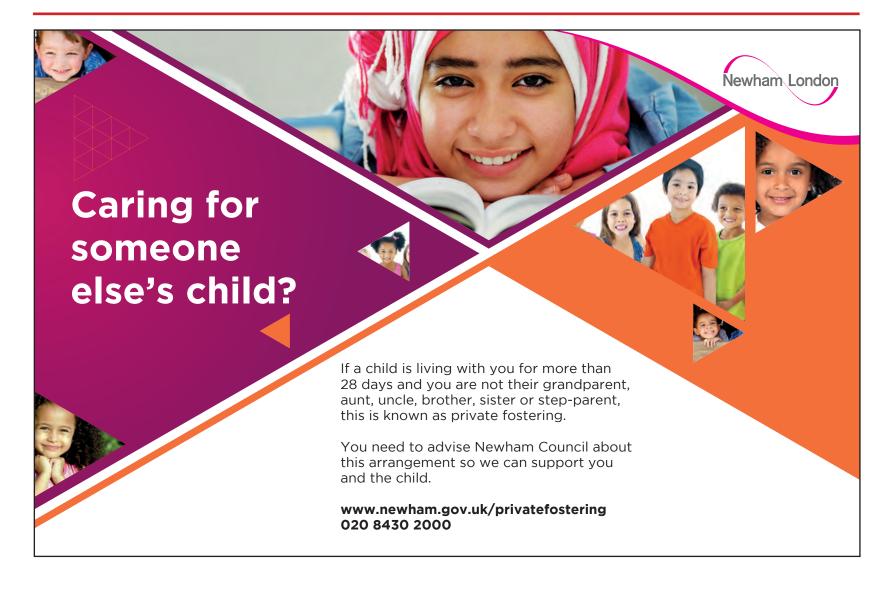
With the new scheme coming into force on 1 January 2018, renew your licence **now** and receive an early bird discount of up to \$2450 per property licence.

Make sure you renew the licence by **14 December 2017** to be eligible for this discount.

After this time, the regular licensing fee of £1,250 will apply.

For more information and to renew your licence visit www.newham.gov.uk/propertylicensing





Thousands enjoy musical fireworks spectacular

Crowds of more than 33,000 residents enjoyed a dazzling firework display organised by Newham Council.

The annual free event, saw nearly 23,000 residents flocking to the site at Wanstead Flats to watch the thrilling spectacle, while another 10,000 people enjoyed the display from outside the ground and on nearby streets.

The display was choreographed to a medley of popular music, old and new. It opened with the iconic introduction from Led Zeppelin's Stairway to Heaven with the song reprised for the dramatic finale.

The crowd cheered as glittering rockets soared to Panjabi MC's Mundian To Bach Ke and families were delighted as golden fireworks exploded to the strains of the theme music from Beauty and the Beast. Other songs which accompanied the display included Joan Jett's I Love Rock 'n' Roll, Mr Blue Sky by the Electric Light Orchestra and Justin Timberlake's Can't Stop the Feeling.

Mayor Sir Robin Wales said: "I am always happy to see so many families enjoying themselves at our popular Guy Fawkes night display and I am very proud to offer this evening of free entertainment to residents.



"In Newham we pride ourselves on providing our residents with a range of free events throughout the year. It was great to see so many families having fun and watching the fireworks in this safe environment."

To see more photos from the display, please visit our Facebook page www.facebook.com/newhamcouncil





Newham residents are being urged to wear orange and pledge to stand up to violence against women and girls as part of an international campaign backed by the United Nations (UN).

This year's theme 'Orange the World' symbolises a brighter future without violence. The colour orange is a key theme, uniting activities to raise awareness about the issue.

The UN's 16 Days of Activism aims to raise awareness of the issue and runs between International Day for Elimination

of Violence Against Women, 25 November and Human Rights Day, 10 December. To support the campaign, Newham Council will be hosting free events in partnership with local community groups to share experiences, promote available support and send a clear message of zero tolerance towards domestic and sexual violence (DSV) in Newham.

Mayor Sir Robin Wales said: "Domestic or sexual violence are completely unacceptable and the only way to rid society of it is by challenging and changing perceptions. I am proud





that here in Newham we are playing our part, not just through the support services we commission but also by holding a range of events to raise awareness of the issue."

Councillor Lakmini Shah, cabinet member for domestic violence, added: "There is absolutely no place for any kind of violence against women or girls. We will raise awareness and continue reinforcing the message that no-one needs to put up with it, wherever it happens.

"I am delighted that Newham is backing the UN's 16 Days of Activism and I would urge all our residents to follow our lead and support anyone who may be suffering." Cllr Shah has worked with community groups and residents to encourage women to attend Conversation Cafés across Newham to discuss issues of concern. Conversation Café ambassadors help to facilitate these sessions.

A special event will take place at Newham Town Hall, East Ham, on Tuesday 28 November, between 9am and 1.30pm, where survivors will tell their stories alongside musical performances from support groups.

There will also be information and advice stalls from various adult social care and health providers, including the Newham One Stop Shop. Refreshments will be provided and entry is on a first-come-first served basis.

A candle lit vigil will be held at Theatre Square in Stratford from 4-6pm, on Monday 11 December to mark the end of the UN's 16 Days of Activism.

There are other events taking place throughout the 16 days.

For more information:

Email Noreen.Mukalazi@newham.gov.uk or call 020 3373 0332 or 07814 615 350.

Pledge your support by posting a picture on social media of you wearing something orange and with the message

'I will never commit, condone or stay silent about violence against women and girls'.

You can use the hashtags #16Days and #Newham, nominating others to take part.

If you are experiencing domestic or sexual violence, contact the Newham One Stop Shop on **0845 451 2547** or visit **www. newham.gov.uk/dsv** for information on the range of support services available.



GETTING READY FOR WINTER



Everyone knows that winter can be seriously bad for our health particularly for the most vulnerable but there are steps we can take to be prepared.

NHS Newham Clinical Commissioning Group (CCG) who commission most local health services in the borough, have a number of suggestions to help keep you and your family well this winter.

Act quickly

If you start to feel unwell – even if it's just a cough or cold – don't wait until it gets worse. Speak to your pharmacist about the best course of action.

If you need help over the holiday when your GP surgery or pharmacy is closed, call **NHS 111** or visit **www.nhs.uk** for details of local services that may be open.

Tips for staying well

- If you are eligible for the free flu vaccine but haven't received it yet get it now.
- Don't wait until the busy period before the Christmas holidays to stock up your medicine cabinet start as soon as possible so you know that you have everything.
- Talk to your pharmacist about your repeat prescriptions so these are ordered before the Christmas holidays when many GPs and pharmacies close.
- Many minor common ailments, such as a cold, sore throat, cough or earache can't be treated with antibiotics. You should speak to your

- pharmacist about which medication to take, drink lots of fluids, rest and make sure you have at least one hot meal a day.
- Check on older neighbours, relatives and friends to see how they are or if they need any food or medicine supplies, especially before the Christmas holidays start or a spell of bad weather.

"Getting ahead of the game and taking preventative steps is key to helping you stay well this winter."

Local GP and chair of Newham CCG, Dr Prakash Chandra, said: "Getting ahead of the game and taking preventative steps is key to helping you



stay well this winter.

"As well as free flu vaccinations for those who are eligible and keeping warm as the weather gets colder, keeping fit and active can also help fight off unwanted bugs.

"Pharmacists are here to help if you need advice on a wide range of ailments such as coughs and colds, do visit your local pharmacy and keep your medicines cabinet and first aid kit stocked up."

Staying warm

Keeping warm can help prevent colds, flu or more serious health conditions such as heart attacks, strokes and pneumonia.

 Make sure you are receiving any benefits you are entitled to such as the Warm Home Discount scheme, the Cold Weather Payment and the Winter Fuel Payment

- Draw your curtains at dusk and keep your doors closed to block out draughts
- Keep your bedroom window closed at night – breathing in cold air can increase the risk of getting a chest infection
- Have regular hot drinks and at least one hot meal daily
- Wear several layers of light clothes (rather than one chunky layer)
- Keep as active in your home as possible – avoid sitting still for more than an hour
- Wrap up warm and wear shoes with a good grip if you need to go outside on cold days
- Keep your bedroom at 18°C (65°F) and main living room at 21°C (70°F)
- Heat the living room during the day and the bedroom just before you go to sleep, if you can't heat all the rooms you use.

Preparing your home

You can also make sure your home is ready for winter by:

- Insulating your hot water cylinder and pipes
- Making sure your loft and wall cavities, if you have them, are properly insulated
- Servicing your boiler to ensure it's safe and working properly. Always use a Gas Safe Registered engineer.

For more information, visit www.newham.gov.uk/winter or www.nhs.uk

NHS Newham Clinical Commissioning Group





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NEWHAM FOODWATCH

Do you ever wonder what lurks behind the counters of your favourite takeaway or restaurant's kitchen doors?

Newham Council's food safety team is constantly conducting unannounced inspections of the borough's 2,200 food outlets and giving them a rating out of five.

The Food Standards Agency publishes the ratings for food premises although it is not compulsory for businesses in England to display their results. Newham, along with many other local authorities, want the government to change this.

"It is disgraceful that the government has not forced businesses to display their rating. Customers have a right to know what they are eating, and any risks they may be taking by doing so. The evidence from Wales is clear; when businesses are forced to come clean on their standards, they up their game. The government must act to stop the English catering industry from keeping its dirty secrets under wraps."

The Hyderabad - Rated Zero

On 27 September a food safety officer visited the Hyderabad restaurant at 427 High Street North, Manor Park.

There was evidence of a mice and cockroach infestation, pictured, and it needed a thorough clean and some structural repairs.

The restaurant was deemed to pose a serious risk to the public's health and was closed to protect diners – a decision that was upheld by Thames Magistrates' Court. It remained closed until a further inspection by the team found that all food safety issues had been resolved.

The restaurant was allowed to re-open on 17 October. The council is considering whether further legal action should be taken against the owners.



Selmos Café – Rated Five

Selmos is a small, independent, family run Portuguese restaurant at 8 Church Street in Stratford.

When officers visited on 23 October they were impressed with the standards of cleanliness and food safety. They noted that staff were properly trained and the management kept good up to date records.

Councillor Pat Murphy, mayoral advisor for environment, said: "Selmos is a small, well run, local business which shows that following a good food safety policy is not dependent on having huge resources or being part of a chain with deep pockets."



Most recent inspections

- Excel CafeWorldwide, 27 Freemasons Road Canning Town, E16, 1 – Major Improvement Necessary
- Enchanted Castle Day Nursery, 557-565 Barking Road, East Ham, E6, 5 – Very Good
- Sonar Bangla, 416 Barking Road, East Ham, E6,
 3 Generally Satisfactory
- A'La Pizza, 28 Upton Lane, Foest Gate, E7,
 2 Improvement Necessary

- Pizza Haven, 75 Katherine Road, East Ham, E6,
- Ala Pizza, 28 Upton Lane, Forest Gate, E7,
 2 Improvement Necessary
- Friendly Cafe, 495 Barking Road, East Ham, E6,
 3 Generally Satisfactory
- Food & Wine/Rimitrend Ltd, 296 Barking Road, Plaistow, E13,
 5 Very Good

Community groups are fund winners

......

Nineteen community groups are celebrating after securing funding for inclusive sports training, music making and counselling projects in the latest round of the Aspers Good Causes Fund.



The fund was set up in 2012 by Aspers Casino and Newham Council to support community projects based in the borough which aim to help local residents build their confidence and skills. Arts, dance, music, sport and charity organisations can bid for a slice of a £100,000 pot if they provide schemes which are inclusive for all.

This year's grants have been awarded to 19 organisations for projects including outreach activities for isolated residents, music workshops for people living with dementia, sports clubs for young people and performing arts sessions for women living with learning disabilities.

"Aspers Good Causes Fund makes a big difference to the lives of our residents, funding projects designed to boost their confidence and skills"

......



A special celebration event took place at Aspers Casino where the lucky groups accepted cheques of between £1,000 to £7,126 for their work.

Mayor Sir Robin Wales said: "The Aspers Good Causes Fund makes a big difference to the lives of our residents, funding projects designed to boost their confidence and skills. Many of these schemes help to address inequalities in society and would not be possible without this funding and the experience our residents gain is invaluable."

Richard Smith, group operations director at Aspers Casino, said: "The Aspers Good Causes Fund is something that we consider a privilege to orchestrate. We feel honoured that our partnership with the council means that so many local community groups are given financial support and that local schoolchildren and elderly residents benefit as well."

Theatre Royal Stratford East (TRSE) secured £4,046 to put on 11 youth theatre workshops for 80 young people.

Chris Alexander, development officer for TRSE said: "The impact the sessions had on the young people was phenomenal. Many of the youngsters

left the course with a completely different attitude towards the arts and their school work."

In total, the 19 groups received almost £80,000 in funding.
The remaining money will be spent on enabling 2,000 children and young people to visit the Aspinall Foundation's Port Lympne and Howletts Wildlife Park in Kent, as well as the 3,000 food hampers which are given to the borough's elderly residents who are living alone, on a low income, at

Christmas time.



The groups who have received funding are:		Newham Music Hub Bonny Downs	£3,980
Stratford Arts Trust	£7,126	Community Association	£3,963
IROKO Theatre Company	£6,998	Newham New Deal	
Care In Mind	£6,750	Partnership	£3,916
Trinity Centre	£6,650	Newham Cricket Club	£1,000
Ambition, Aspire, Achieve	£6,300	Richard House	
Powerhouse for Women	£6,012	Children's Hospice	£1,000
Hibiscus Caribbean		Ursuline Links	£1,000
Elderly Association	£6,000	WHEAT Mentor	
Caritas Anchor House	£4,918	Support Trust	£1,000
Choice International	£4,585	Three Mills Craft	
Theatre Royal Stratford		Association	£1,000
East (Pioneer Theatre)	£4,046	St Edmunds Pre-School	£1,000



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Look after your health at Christmas

Christmas brings lots of opportunities to spend time socialising with friends and family, and occasions when we eat and drink more than normal. It's particularly important that we take time to look after our health, especially if you have diabetes.

Diabetes, if not managed properly, can lead to complications including blindness, kidney failure and even amputations of toes and feet. There are more than 23,000 people in Newham living with diabetes, and around 2,000 are newly diagnosed every year, higher than the national average.

Below are some of the most common questions asked during our diabetes support sessions.

How do I know if I have Type 2 diabetes?

Some patients with diabetes get symptoms of passing too much urine, feeling constantly thirsty or losing weight. However others get

few or no symptoms and are found to be diabetic only when they have a blood test. If you are concerned, speak to your GP.

Is there anything I can do to prevent getting Type 2 diabetes?

Eating healthily, keeping fit and active are important. Being overweight dramatically increases your risk of developing diabetes. If you already have it, a healthy diet and being physically active are key to managing the condition. activeNewham offer fitness classes to which your GP can refer you. Medication is often prescribed and some patients will also need to monitor their glucose levels.

I have been told I have prediabetes, what does this mean?

This means that you are not yet diabetic but your body is beginning to lose control of its glucose level. You should act now to prevent developing the condition.

For more information about diabetes including a selection of healthy alternative Christmas recipes, visit **www.diabetes.org.uk**







Winter is coming...

If you feel unwell, even if it's just a cough or a cold, get advice from your pharmacist before it gets more serious.

If you are eligible for the free flu vaccine but haven't received it yet, don't delay, get it now.

Pick up prescription medications and top up your medicine cabinet before the Christmas holidays as many GPs and pharmacies will be closed.





nhs.uk/staywell

www.newham.gov.uk/winter





Standing up to violence against women and girls

Newham Town Hall, 328 Barking Rd, East Ham, E6 2RP Tuesday 28 November, 9am-1.30pm



Come along to a free event to show your support for the United Nation's International Day for the Elimination of Violence Against Women and Girls.

Activities on the day include:

- survivor stories
- music and performances
- adult social care and health information and advice stalls.

Refreshments will be provided. Entry is on a first-come-firstserved basis. Please arrive early and wear something orange to show your support.

For more information, email Noreen.Mukalazi@ newham.gov.uk or call 020 3373 0332 /07814 615 350.



#16Days #Newham #NewhamConvoCafe



Newham London



Thousands of residents, both young and old, enjoyed a variety of events, activities and exhibitions across the borough as part of Newham Heritage Week 2017.

There were walks and talks, exhibitions and workshops – all with the theme of heritage running through them.

As part of Newham Heritage Week, which ran from 21-29 October, a special vintage Routemaster took residents on a guided tour of the borough, taking in some of the major heritage sites. These trips, which were fully booked, gave residents a great opportunity to discover more about the borough and visit areas where they had once worked or lived.

One resident explained the particular significance of the trip for her father-in-law. She said it was his 83rd birthday on the day he took the tour, and he was born in Plaistow. Although he had first worked in the docks, he hasn't been back in many years. The bus tour included both sites during the trip, offering him a chance to visit significant places from his history.

Younger residents delved into the borough's sporting heritage with a visit to Green Street and Stratford libraries to learn about

footballer Bobby Moore and Edward Temme who was the first man to swim across the English Channel in both directions. Others took part in a range of heritage activities at East Ham Nature Reserve.

There was a definite West Ham United theme to some of the week's activities with a Stadium of Stories Pop up Exhibition and an intergenerational heritage workshop at East Ham Library and Community Neighbourhood Centre.

Councillor Ken Clark, Deputy Mayor (statutory) and cabinet member for building communities, public affairs, regeneration and planning, said: "Newham has a diverse and rich heritage and its clear from the number of residents who took part in workshops, tours and attended exhibitions that there is a huge appetite for finding out more about the area's past. I am delighted that so many people joined in with this year's Newham Heritage Week."

London Borough of Newham
COMMUNITY
NEIGHBOURHOODS

Heritage



IF YOU BEHAVE IN AN INTIMIDATING OR VIOLENT WAY TO OUR STAFF YOU COULD BE BANNED FROM USING COUNCIL SERVICES OR PROSECUTED BY THE POLICE.









Venue delivers 21st century fun

Newham residents can now enjoy a modern fun day out at a stunning indoor trampoline park on the former site of The Rex in Stratford.

The fondly remembered cinema and theatre venue has been transformed into ZAPspace, a stunning indoor trampoline park which can be enjoyed by children and their families. Located in High Street, Stratford, ZAPspace was officially opened by Mayor Sir Robin Wales.

As the only trampoline park in the area, ZAPspace is packed with features, including a new-to-the-UK ping-pong jump, a drop slide, a cardio wall, and a tumble lane, as well as large open trampoline areas and dodge ball courts.

Mayor Sir Robin Wales said: "I am pleased to open this exciting new venue in Stratford. This is an innovative project which will bring this site back into temporary use, creating a new entertainment venue for families. ZAPspace has offered

our schools 10,000 free bounces so children will have the opportunity to visit the venue for free."

The site, which is owned by the council, has been developed by ZAP Architecture alongside the council's development arm Red Door Ventures, the venue includes the original art-deco features contrasting with the youthfulness and bright graphics of a 21st century activity centre. Red Door Ventures was established in 2014 to create thousands of private rented homes for residents and are due to bring forward a development plan for the site.

Sir Robin added: "I am proud of everything that Red Door Ventures has achieved so far. Since it was set up by Newham Council in 2014, it has built hundreds of new homes with plans in place to create thousands more. In addition, by investing in projects such as this, it is bringing exciting new venues to the borough, as well as creating jobs for our residents."



Students complete construction course

Three students from NewVlc took part in a three day engineering and construction course designed to raise awareness about careers in the sector.

The course was delivered by Construction Youth Trust working with Mace Foundation in Stratford and involved 18 students. The students, Mohammed Safran Sadik, Gabriela Silva and Asif Sadequee, were awarded certificates for successfully completing their course.

As well as increasing awareness of different careers available, the course helped them develop their employability skills, raise aspirations and academic performance.

Gabriela Silva, 19, who is studying A level maths, chemistry and physics, said: "It was really impressive; we did everything from project management, to presenting our finished work.

I loved the physics aspect of the course, for

example examining the problem of too much tension on a wall and then finding a solution to divert the tension."

NewVIc's Work Related Curriculum Adviser Jane Nugent said: "Students really benefit from the course, it opens their minds to the variety of job positions within the construction field, it improves their confidence and presentation skills which impacts all areas of their lives."



Come join community choir

A popular community choir who have performed with Gary Barlow at the Royal Albert Hall are inviting new members who love to sing to join them in the New Year.

Victoria Park Singers, led by award winning choral conductor Hannah Brine, meet at Lauriston School, on Wednesday nights, from 7-8.45pm.

The choir has more than a hundred members, who live in and around the area, and their Christmas repertoire includes traditional carols and choral pieces, as well as lighter, modern winter songs. It also includes Newham residents Nancy MacKeith and Nadja Maniscalchi. Nancy, from

Stratford, said: "It's great to be with people you know, learning how to sound good! I like performing at different venues."

Nadja, who lives in East Village, said: "I joined the choir three years ago to do something fun for myself. I like the fact that the choir, although a community choir, always aspire to do better, sing better, perform better."





Ambassador attends exhibition

The Bolivian Ambassador visited Plaistow to see an exhibition of work by the Floating Artland Collective.

Roberto Calzadilla, and Lithuanian embassy representative Natalija Baseviciene, were invited to the display facilitated by the Plaistow Community Neighbourhood team, at Plaistow Library, by a number of Bolivian and Lithuanian artists taking part in the show, Memory of Fire.

Artists Indra Gavenaite, Marcelo Rodriguez, Fabiola Retamozo and Luis Fabrizio Garcia Rios exhibited visual art pieces and conceptual videos at the exhibition, which took place ahead of a two week open studios exhibition which coincided with the Newham Heritage Week celebrations.

Councillors Aleen Alarice, Bryan Collier and Honorary Alderwoman Marie Collier welcomed the dignitaries to the event.

Councillor Alarice said: "It was lovely to welcome Roberto and Natalija to this exhibition by some of our artistic residents who are clearly proud of their heritage and proud to be a part of society here in Newham."

School celebrates new build

Teachers and pupils at Little

Ilford School celebrated the completion of their new school buildings with an official opening ceremony.

Former student, fashion designer Bubs Mahil who has designed for the likes of Cherie and Tony Blair and worked on the movie Bride and Prejudice was among the guests.

The building's bespoke design and natural light promotes an environmentally friendly and sustainable future to the students. Facilities at the Manor Park school include a state-of-the-art auditorium with retractable seating, a music recording studio, dance and drama studios and a PE extension block incorporating an activity studio. The larger premises will allow for the admission of 150 more students (over the next five years).

Head teacher Ian Wilson said: "We are delighted with the acoustic design of our new building which creates a calm atmosphere. The specialist facilities are excellent and the space is well used. At long last our outstanding school has the outstanding facilities it deserves."

Paralympian helps mark World Polio Day

Paralympian and polio survivor Ade Adepitan was joined by fellow survivor TV presenter Julia Roberts, and Konnie Huq for a mass planting of 50,000 purple crocuses at Queen Elizabeth Olympic Park to mark World Polio Day.

The activities were part of the Rotary International in Great Britain and Ireland's Purple4Polio campaign which raises awareness and funds to fight the disease. The fountains outside the London Stadium were lit up purple to highlight the final push to rid the world of polio.

Ade said: "Rotary is the UK's best-kept secret. It's spent 30 years working on polio and other things. In this time when there is so much uncertainty in the world, we need people like Rotarians to keep us together and keep the world on track. The work it is doing with the polio campaign is absolutely incredible and for polio survivors like me, we thank Rotary and say 'keep going, stay strong and spread the word."







PLEASE SEND OR EMAIL YOUR DRAWINGS, JOKES AND POEMS TO:

KIDS' CORNER, WEST WING 4TH FLOOR, NEWHAM DOCKSIDE 1000 DOCKSIDE ROAD, LONDON E16 2QU or newhammag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries.

GALLERY



Trisha Okpattah, 11



Liam Baldoza, 9



Miesklo Kwiatkowski, 9



Sade Aczon-Manwaring, 9

Tickets to Strofford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU or newhammag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



Colour-me-in Word-Fit

Word-Fit

You must fit all the words into the grid

Poem

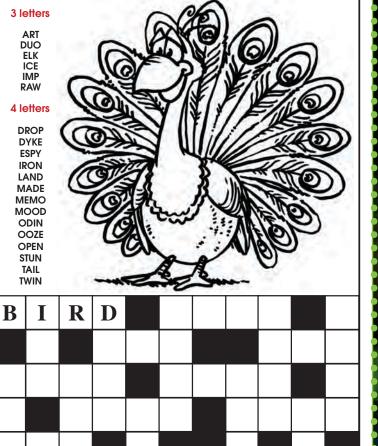
My annoying baby brother

You may wish you had a brother, I wish I didn't have another. He is as annoying as a bee can be, he even...yuck...dribbles on my knee.

He crawls everywhere and rummages through my stuff.
He even pulls out all of my carpet's fluff, he cries all night, it really gives me a such a fright.

His giggle and grin are so sweet, even though he is not at all neat. This is the story of my annoying brother, I love him too, like no other.

Miriam Remmache, aged 10



FS ON

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE

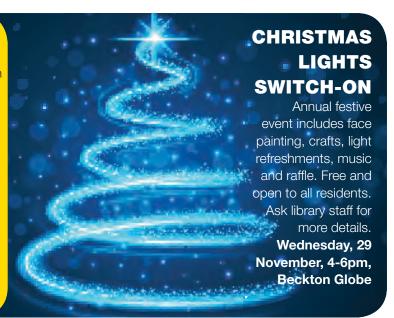
Pottery Workshop - Join the Criss Cross potters for an arts and crafts workshop based on the theme of words. There will be a small charge of £5. 10 places available. To book call Chris Wong on 0750 691 3032. Mondays and Tuesdays, 10am-3pm, Beckton Community Centre



Jazz Night - Free performance with different singers and performers every month. No booking required. Saturday, 25 November, 5.30-7pm, Beckton Globe



Words and Wellbeing Exhibition - Visual art raising awareness of social exclusion by Cygnet Health Care and Newham Adult Education. Free drop-in from 6-19 November, Beckton Globe



TRY SOMETHING NEW

OUTDOOR HEALTH CHECKS

Newham residents can have their blood pressure, diabetes, BMI and weight checked followed by a talk on keeping fit. Run by the Richest Minds Group at 25 Moorey Close, off New Plaistow Road, E15 3JP on Saturday, 25 November.



ndicates free sessions

Libraries unless stated.

UNDER-FIVES



Storytelling 😭

Mon, 10.30-11.15am, Custom House: Tues, 10.30-11.30am, East Ham CNC, Tues, 10.45-11.30am, Tues, 1.15-2pm, Custom House & Canning Town CNC: Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park CNC: Tues. 10.30-11.30am. Forest Gate CNC; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow: Tues, 10.30-11.15am,

Stay and Play

North Woolwich



Support for parents and carers to develop their child through play. Sat, 11-12pm, Green St; Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC; Weds, 10am-12pm, Sat, 11am-1pm, Stratford

Reading Together

Thurs, 2.30-3pm, Custom House

Baby Yoga 🕎



Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 Weds, 1-2pm, Stratford

Baby Rhyme Time (Up to 12mths) For babies and parents to enjoy songs, develop communication skills through sign. Weds, 12.30-1.30pm, Manor Park CNC

Triple P Parenting



Parenting techniques for children aged 18 months and above. Tues, 5.30-7.30pm, East Ham CNC; Weds, 12.45-2.45pm, Manor Park CNC

Sensory Storytelling

Run by St Stephen's Early Start. Fri, 1-2pm, Green St

Bumps and Bundles Group

Interactive session for parents and carers of babies under 18mths.

Mon, 10am-12pm, Stratford

Music and Movement

Tues 9.30-10.15am, Plaistow

Bumps and Babies 🕎 For babies under 12 months Fri, 2-4pm, Forest Gate CNC

Toy Library

Beckton Globe

Come and borrow a child's toy using their library card. Tues, 11.15am-12pm,

YOUNG PEOPLE



Chatterbooks (7-12)

A new book club to inspire young children to read for pleasure. It includes fun and creative activities to encourage young children to participate and read in an interactive way. Sat. 2.30-3.30pm, Plaistow; Weds, 5-6pm, Forest Gate CNC; Tues, 4-5pm, North Woolwich, Mon, 4-5pm, Custom House; Mon, 4-5pm, Custom House & Canning Town CNC, Weds, 4-5pm, Beckton Globe; Mon, 3.30-4.30pm, Manor Park CNC: Sat. 3-4pm, Custom House & Canning Town CNC

Games Club (7-16yrs) 😭



Arts and Craft Workshop

(6-12vrs) Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich: Tues. 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, Forest Gate CNC

East Ham IT Youth Zone

Support in using IT for homework and fun. Mon, 4.15-6.15pm, East Ham CNC

Family Movie Club



Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-7pm, North Woolwich; Fri, 4-6pm, Forest Gate CNC; Sat, 2-4pm, Beckton Globe

Young People's Positive Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Rd Centre

Lego Club

Create Lego models based on weekly themes. Sat, 3-4pm, Forest Gate CNC; Sat, 2-3pm, Green St

The Chill Spot (11-19yrs)

Activities include table tennis, discussions, creative workshops. Mon, Weds, 3.30-6pm, Stratford

Code Club (7-11)

Scratch, Python, cartoons, websites and more. Booking required. Sat, 10-11am for beginners or 11am-12pm for improvers, Custom House, Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe

Performing Arts Activities

A range of dancing and singing, family arts activities. Fri, 5-7.30pm, East Ham CNC

Youth Works

Taekwondo, Sony PS4, careers, chill zone, healthy living and other activities for ages 11 to 19. Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C.

Homework Club

All young people can get study support from volunteers. Age: Varies site to site Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Sat, 2-3pm, Green Street; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

Science Club

Conduct experiments, watch demonstrations and record the results. For 5-12 years. Thurs, 4-5pm, Forest Gate **CNC**

Junior Football Sports Coaching (7-12yrs)

Fri 4-6pm, Jack Cornwell C.C.

Street Dance (13-19yrs)

Learn Street Dance and develop new skills and fitness every week, Mon 4.30-5.30pm, **Plaistow**

Craft4Me

Have family fun making and crafting with our craft4fun volunteers. Mon, 4.15-5.15pm, Beckton Globe

Tae Kwondo Classes

Free classes for 4-14-yearolds. Sat, 12-1pm, Custom House & Canning Town CNC, 18 Rathbone Market, Barking Road, E16. Contact Master Khan on 07984684805 or email: Khanqukblackbelt@yahoo.co.uk

Alcoholics Anonymous

If you have a concern about your drinking, call Alcoholics Anonymous on 020 7407 0700.

ACTIVITIES AND SUPPORT



Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow

Coffee Mornings



Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Custom House & Canning Town CNC; Tues, 11am-12.30pm, Custom House, Fri, 11am-12pm, Green St; Third Tues of the month, 10am-12pm, Plaistow; Tues, 11.30am-1pm, Beckton

Do It Online (18yrs+)

Computer classes. Weds, 10am-12pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House, Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton

ICT Drop-in Session 😭



Set up a My Newham profile and create an email account. Weds, 11am-1pm, Forest Gate CNC

Life in the UK Classes



12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds. 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12-2pm, Stratford; 10am-12pm, Beckton

ESOL for Beginners

For adults seeking to improve their English. Tues, 9.30 11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C.

Basic Computer Skills 😭



Fri, 10.30am-12.30pm, Manor Park CNC

English Conversation Club

Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow; Thurs, 10.30-11.30am, Sat, 2-3pm, Tues, 11.30am-12.30pm, North Woolwich, Green St

Stratford London **Toastmasters**

Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group 😭

Weds. 12.30-3pm. Beckton C.C.

Poetry Group (16+)

Sat 11am-1pm, Mon, 6-7.30pm, Stratford; Weds, 6-7.30pm, East Ham CNC; Tues, 2-3.30pm, Jack Cornwell C.C. Thurs, 6-7.30pm, Green St mail sonesquin@hotmail.com

International Lunch Club

£3 per meal. Mon, 12pm, Beckton C.C.

Table Tennis Mondays

Mon, 8.15am-4pm, Forest Gate CNC

Board Games for Adults (18+)

Carrom Board, chess and other board games for adults. Thurs, 5.30-7.30pm, Forest Gate CNC

Workplace Drop-Ins

Thurs, 30 Nov, 3-5pm, Manor Park CNC; Thurs, 30 Nov, 2-5pm, Custom House & Canning Town CNC; Weds, 29 Nov, 3-5pm, East Ham CNC; Weds, 29 Nov, 2-4pm, Stratford. For more information email: rehana.b@newham.gov.uk

Creative Writing and Poetry

Group (16+) Thurs, 6.30-7.30pm, Custom House & Canning Town CNC

Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

Model Train Workshop

Join other enthusiasts. Mon, 1-3.30pm, North Woolwich

Book Club and Creative Writing Group

Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park CNC

Adult Reading Groups

Come and talk about your favourite books and discover new writers. Third Sat of the month, 11am, Custom House; Last Mon of the month, 5.30-7.30pm, Forest Gate CNC; Last Tues of the month, 11am, Custom House & Canning Town CNC

CYANA

Cancer You Are Not Alone, Information stall/drop-in advice session, fourth Thurs of the month, 3-5pm, Forest Gate CNC

National Careers Service

Find out about different careers and what qualifications or skills you require. To book an appointment contact 07415241941. 1st and 3rd Thurs of the month, Stratford

Memory Lane Café

People with dementia and their carers can come together and share experiences, exchange information and socialise. Last Thurs of the month, 1-3pm, East Ham CNC

Together We Can

Fortnightly social group for adults under 50 who have had a stroke. Fri, 2-4pm, Plaistow

Community Cooking Project

Join our six week cookery course, and learn to cook exciting, tasty and nutritious simple dishes. Advance booking is required. £6 for the course. Tues 10am-12pm or 12.30-

2.30pm, East Ham CNC

ESOL Entry (16+)

Free ESOL language classes for adult learners seeking to improve their English language. Registration required through Newham Adult Learning Service ESOL Team 020 3373 0755. ESOL Pre-Entry, Mon and Thurs, 10-11.30am, ESOL Entry 3, Tues and Fri, 9.30am-12noon, Stratford; Tues, 10am-2.30pm, Plaistow

Board Games for Adults

Come along and play board games such as Rummikub and Ticket to Ride. Thurs, 5.307.30pm, Forest Gate CNC.

Dominoes (13+)

If you're new to domino games, or just need a brushup on the basics come along and join in. Sat, 2.30-7pm, Beckton; Wed 2-4.30pm, Mon 1.30-4.15pm, Beckton C.C; Thurs, 5.30-7.30pm, Forest Gate CNC

UEL Drop-in

First Tues of month, 10.30am-12.30pm, Forest Gate CNC

Dementia Cinema

Aimed at dementia patients. Refreshments provided. Cost is £4 although carers go free. Advance booking is required for wheelchair users. Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15.

Table Top Sale

£5 per table. Last Sat of the month, 10am-2pm, Jack Cornwell C.C

COMMUNITY **ACTIVITIES**



Newham Steelpan Classes Learn to play the steelpan.

Fri, 5-6.30pm, Stratford Library

Newham Super Choir

All ages. Tues, 10.30am-12pm. Beckton C.C

Beckton Globe Women's Group

Monthly club for women to meet and discuss social issues. For more details, contact helathiswealthproject@outlook. com. First Fri of the month, 11am-1pm, Beckton Globe

BOXING AND SELF DEFENCE



Boxing (Newham College) Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (adults)

Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe

Bootcamp and Karate 🏠



Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

Kickboxing and Yoga

Sat, 10-11am, Katherine Rd C.C.

Martial Arts

For children aged 7 to 12 with a professional teacher. £2. Mon, 6.30-7.30pm, Tues, 6.45-7.45pm, Thurs, 4.45-5.45pm. Beckton

Women's Boxing

Monday's 9.15-10.15am, Katherine Rd C.C.

HEALTH AND FITNESS



Breathe Easy Group (18yrs+)

For people with lung conditions and their carers. First Thurs of month, 12.30-2.30pm, Beckton C.C

Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Sat, 6-7pm, Stratford; Sat, 2.30-5pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe

Tai Chi Class

Fri, 10.30-11.30am, Beckton C.C. Weds, 8.15-9.15am, (book in advance, library members only), Forest Gate CNC

Yoga

Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham CNC; Sat. 10am-12pm, Plaistow: Thurs, 6.15-7.45pm, Thurs 8.15-9.15am, Forest Gate CNC; Fri, 8.05-8.45am, Custom House & Canning Town CNC; Thurs, 6-7.30pm, Stratford; Tues, 1.30-2.30pm, £1, Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C. First call £5, then £8, Mon 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

Stroke Club (18+)



For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

Hula Hooping

Fun sessions. No experience needed, Weds, 6-7pm, Stratford

Pilates Classes (18+)

Mon. 9.30-10.30am, Jack Cornwell C.C; Thurs, 6-7pm, Manor Park CNC; Tues, 6.30-7.30pm, Beckton Globe

Tai Chi in the Park (18+) 😭



Forest Lane Park, E7. Meet at comer of Forest Lane and Magpie Close. Monday, 11am-12pm

Plaistow Social Walk



Fun social walk to improve your fitness and make new friends. For all ages and abilities. Meet at Plaistow Library to start off on the walks. Tues and Sat, 10-11am

Modern Arnis

Filipino martial art with sticks. Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C.

Walking Yoga

Meet at Stratford Library and walk to Stratford Park for yoga Open to all. Thurs, 2-3pm.

Zumba

Registration essential. Bring

water and a towel, for all ages and abilities.

Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C; Fri 6-7pm (free) Custom House & Canning Town CNC; Weds, 6.30-7.30pm (free) Manor Park CNC; Tues 5-6pm (free) Stratford

50+ ACTIVITIES



Quadrille Dancing Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

Bingo 😭



Mon, 11.30am-1.30pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C, Thurs, 7-9pm, Jack Cornwell CC

ICCAN

Faith based group with cultural activities. Fri, 12-2pm, Jeves C.C.

Active Centre Group



Dominoes Group

Weds, 1.30-4.30pm, Plaistow



Forever Young Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton;

Happy Living Club Indoor/outdoor activities. Tues, Weds, 1-5pm, Jeyes C.C.

Holiday Spanish Club Weds, 12.30-1.30pm, Manor Park CNC

Walking Football Email: dgheerawo@

westhamunited.co.uk or call 07803 201299. Tues. 10-11am, Priory Park, E13

Get Active, Get Healthy, and Exercises for Fitness Thurs, 11am-12pm, Jack Comwell C.C.

Get Active, Get Healthy - Walk to the Park Mon, 10.30-11.30am, Manor Park CNC

Chair Based Exercise For all fitness levels.

Fri, 10.30-11.30am, East Ham CNC; Tues, 12.30-1.30pm, Manor Park CNC: Mon. 12.30-1.30pm, Green St; Mon, 12.30-1.30pm, Jeyes C.C.

Fitness (



Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Games and Friendship Club Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham CNC

Carers Exercise Class Thurs, 11am-12pm, Manor Park CNC

Zumba

Women only session. Tues, 1-2pm, Katherine Rd C.C.

Singing for Health Variety of music styles. Tues, 2-3.30pm, Jack Cornwell C.C.

Bollywood Moves Women only Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Rd C.C.

Drop in Embroidery Class No previous experience necessary, materials supplied. Mon, 11am-1pm, East Ham **CNC**

Ballroom Dancing Join Stratford Latin and ballroom dance classes. Learn new moves, get fit and make new friends. Over 50s, free session. Mon. 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

Get Active, Get Healthy, - Line Dancing for Fitness Age: 50+ Come along and learn the choreographed dance of line dancing. Thurs, 10.30-

11.30am, Bryant Street C.C

Smart Project

Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. Thurs, 11am-1pm, Jeves C.C

GREEN



Green Gym

Meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Weds, 10am-1pm, and last Sat of month, Call 07845 973156

Green Volunteering

Tues and Thurs, 10am-2pm Silvertown, Wy, E16 (opp. Hallsville Rd)

Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 11am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Caravanserai Garden Volunteering

Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

Greenway Orchard Volunteerina

Join the Green Gym and get dug in with some gardening. Greenway at the access point on Boundary Rd, E13 Thurs, 11am-2pm

Community Food Growing Project

Come and grow together in our new community growing space. Weds, 12-2pm, East Ham, CNC

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20 Modern Arnis Martial Arts (16yrs+) Tues, 5-6pm. Call 07473 030 250, Jack Comwell C.C.

Female Only Gym Sessions available at Atherton LC & East Ham LC.

Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

Female Only Zumba

Tues, 6-7pm, Forest Gate
Community School, Forest Ln,
E7. Thurs, 6.30-9pm, The Well
C.C, Vicarage Ln, E6. £1. Call
07741 292893; Thurs, 10.1511.15am, Stratford, £2.50;
Mon, Weds, 6.30-7.30pm, Asta
Community Hub, 14A Camel
Rd, E16 2DE. £2.50

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVIc, E13

RUNNING AND ATHLETICS



Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

East End Road Runners

Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Tues and Thurs, 7pm. Sun, 9am. Call 07979 261647

Run Together

£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10.30am-12pm, Wanstead Flats (meet at corner of Capel Rd and Centre Rd). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874

Running and Athletics

Newham & Essex Beagles Athletics Club. Visit www.newhamandessex beagles.co.uk for more details

SPORTS



Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12noon, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham. org.uk 07741 293513

Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@ newham.ac.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm, Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

Senior Programme

Division 2 women and division 3/4 men. Rokeby School, E16. Mon, 7.30-9.30pm Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at
Newham Town Hall, Barking
Road, E6, unless otherwise
stated. Mon, 20 Nov,
6pm, Standards Advisory
Committee, Room EG:06/07,
Newham Dockside, 1000
Dockside Road, E16; Tues,
21 Nov, 10am, Licensing
Sub-committee; 7pm,
Overview and Scrutiny
Committee; Thurs, 23 Nov,
10am, Licensing Subcommittee; Thurs, 30 Nov,
9am, Mayoral Proceedings

CONTACT THE MAYOR

Here to Help sessions
Please register 30
minutes before session
starts. Tues, 21 Nov, 5pm,
Forest Gate Community
Neighbourhood Centre Sat,
25 Nov, 10am, East Ham
Community Neighbourhood
Centre

Telephone surgery Weds, 22 Nov. Please call 020 8430 2000 between 10am and 11am and leave your contact details.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS CENTRES

Beckton Globe 1 Kingsford Wy, E6
Custom House & Canning Town CNC
Barking Rd, E16
Custom House CNC
Prince Regent Ln, E16
East Ham CNC 328 Barking Rd, E6
Green Street 337-341 Green St, E13
Forest Gate CNC

2-6 Woodgrange Rd, E7 Manor Park CNC

685-691 Romford Rd, E12 North Woolwich 5 Pier Parade, E16 Plaistow North St, E13

Stratford 3 The Grove, E15 Archives and Local Studies 020 3373 6881

Community Outreach 020 337 30813 Church of God 37 Manor Park Road, E12, 020 8911 9494

LEISURE & SPORTS VENUES

Atherton Leisure Centre
189 Romford Rd, E15
Balaam Leisure Centre
14 Balaam St, E13
East Ham Leisure Centre
324 Barking Rd, E6
Newham Leisure Centre
281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus,
University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton C.C.14 East Ham Manor Wy, E6, 020 7511 1214 East Ham Market Hall Myrtle Rd,

East Hall Market Hall Myrue Hu, E6 1HY, 020 8471 0292 Jack Cornwell C.C.

Jack Cornwell St, E12 020 8553 3459 **Jeyes C.C.**

1 James Cl, E13, 020 3373 2205 **Katherine Rd C.C.** 254 Katherine Rd, E7, 020 8548 9825

St Mark's C.C. 218 Tollgate Rd, E6, 020 7474 1687

Vicarage Ln C.C.

Govier Cl, E15, 020 8519 0235 **Harold Rd Centre** 170 Harold Road, E13 0SE, 020 8472 2805

Queens Market Green St,E13 Rabbits Rd Institute

835 Romford Rd, London E12 5JY

Royal Docks Learning Activity Centre Albert Rd, North Woolwich, E16 2JB

St John's Green Community GardenAlbert Rd, North Woolwich E16 2JB **St John's Church**

Broadway, Stratford, E15 1NG **St Bartholomew's Church & Centre,** 292b Barking Road, E6 3BA

London Road, 1 London Road, E13 0AT The Community Resource Centre, 200 Chargeable Lane, E13 8DW 020 3373 2697

St. Paul's Church Centre, 227 Burges Rd, E6 2EU



Manor Park Community Neighbourhood Centre and Library

Saturday 25 November 12noon-4pmFor more information call 020 3373 0858
or email CN.Manorpark@newham.gov.uk

East Ham

Saturday 25 November 2-6pm.
The switch-on will be at 4.40pm
High Street North between Barking Road
and Pilgrims Way

For more information contact East Ham Community Neighbourhood Centre and Library on 020 3373 0827 or email CN.Eastham@newham.gov.uk

Beckton Globe Library Wednesday 29 November 4-6pm switch-on 4.45pm

For more information call 020 3373 0853 or email CN.BecktonRoyalDocks@newham.gov.uk

Canning Town Community Neighbourhood Centre and Library Thursday 30 November 4-6pm switch-on 5pm

For more information call 020 3373 0854 or email CN.CustomHouseCanningTown@newham.gov.uk

Stratford Library Friday 1 December 4-7pm switch-on 5.15pm

For more information call 020 3373 0826 or email CN.Stratfordwestham@newham.gov.uk

Forest Gate Saturday 2 December 4-6pm switch-on 5.15pm Woodgrange

Community Market

For more information contact Forest Gate Community Neighbourhood Centre and Library on 020 3373 0856 or email CN.Forestgate@newham.gov.uk

Plaistow Library Monday 4 December 4.30-6pm switch-on 5.30pm outside Plaistow Station

For more information call 020 3373 0859 or email CN.Plaistow@newham.gov.uk

Custom House Library

Tuesday 5 December 4-6pm switch-on 5pm For more information call 020 3373 0855 or email CN.CustomHouseCanningTown@ newham.gov.uk North Woolwich Library Thursday 7 December 4-6pm switch-on 4.45pm

For more information call 020 3373 0843 or email CN.BecktonRoyalDocks@newham.gov.uk

Maryland

Friday 8 December 5.30-7.30pm switch-on 6.15pm

Maryland Point outside Maryland Station

For more information contact Forest Gate Community Neighbourhood Centre and Library on 020 3373 0856 or email CN.Forestgate@ newham.gov.uk

Green Street

Queens Market, Green St, E13 9BA Saturday 9 December 2-5pm switch-on 4.15pm

For more information call 020 3373 0857 or email CN.Greenstreet@newham.gov.uk





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